

Joy, Creativity, & Play

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Agenda

Intro • Joy is... doing • ...productive struggle • ... knowing who you are • ...serious business • ...closeness • Closure

Big Ideas

We all carry anxieties and hopes. We need and crave **authentic connections** with other people, including validation of our values.

Flow is a state of sustained optimal challenge. It's also a natural high.

fixed mindset: my abilities can't be changed ("It's easy for you. You're re creative.")

growth mindset: my abilities can be changed ("I can't do this yet.")

Deep relationships don't just happen. They require listening, talking, honoring different points of view, being vulnerable, and earning trust. This hard work pays off: if people feel heard and valued, then they share their **best ideas** and they **take ownership** of problems.

The Trying Trio



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Basic Needs

- **self-determination**: wanting to feel in control of your life, to feel competent (e.g., have your own gas and brake pedals)
- **affiliation**: wanting to belong, to be part of something bigger than yourself (e.g., wearing your team's colors)
- **approval**: wanting the support & recognition of people you trust & admire (teachers can be huge here)
- **relatedness** (i.e., intimacy): wanting close, deep, dependable relationships with others; to be vulnerable yet safe

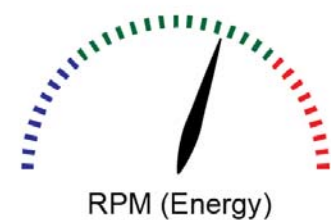
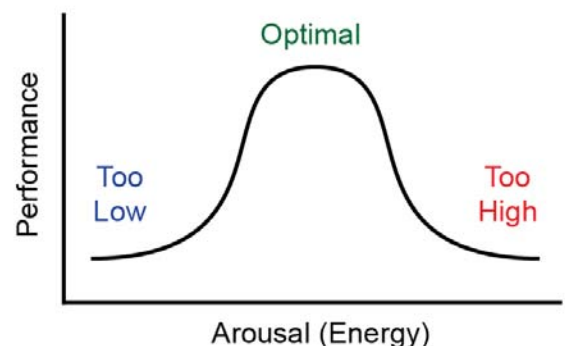
7 Dimensions of Wellness

Social
Physical
Emotional
Career
Intellectual
Environmental
Spiritual

Conflict Resolution

1. Create a space for resolution (e.g., remove audience, remove distractions)
2. Check in (e.g., small talk about how each person's day is going)
3. **Commit** to resolution, with consensus if possible, but with authority if necessary
4. **Share** perceptions of conflict, taking turns to talk and really listen
5. **Validate** priorities, anxieties, and fears
6. Clear up any confusion or ignorance
7. **Identify options**, including costs and benefits
8. Find a compromise that everyone can support
9. **Commit** to action
10. Revisit and revise, as needed

Performance Curve



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